



## LAKE PARK TENNIS CENTER

### Adult Tennis Program Description and Rates

#### Monday

**10:00 to 11:30 A.M. Ladies Advanced Doubles Tactics.** Learn the art of doubles in this fast paced doubles clinic. This program is designed for competitive ladies team players looking to improve doubles tactics and prepare for match play. Player limit 6. \$25.

**6:30 to 8:00 P.M. Men's 4.0 drills.** Advanced men's drill session for the 4.0 player and above. Player limit 6. \$25.

#### Tuesday

**10:00 to 11:30 A.M. Cardio.** Cardio training through tennis. Open to men and women. A great way to get in shape. Player limit 8. \$25.

**6:30 to 8:00 P.M. Open Drills 3.0/3.5.** A fun, intense workout for intermediate to advanced men and women. Fast paced drills including warm-up, live-ball and point play, games. Player limit 8. \$20.

#### Wednesday

**10:00 to 11:30 A.M. Ladies Intermediate Doubles Tactics.** Learn the art of doubles in this mid paced instructional clinic focusing on technical execution, doubles tactics, and strategy. Player limit 6. \$25.

**6:30 to 8:00 P.M. Open Drills 2.5/3.0.** A fun, intense workout for the advanced beginner to intermediate player. Players who join this group should be able to execute basic groundstrokes, volleys, and overheads. Player limit 6. \$20.

## **Thursday**

**10:00 to 11:30 A.M.** Cardio training through tennis. Open to men and women. A great way to get in shape. Player limit 8. \$25.

**6:30 to 8:00 P.M. Open Drills 3.0.** A fun, intense workout for intermediate men and women. Fast paced drills including warm-up, live-ball and point Player limit 8. \$20.

## **Saturday and Sunday**

**9:00 to 10:30 A.M. Open Drills. \$20.**

**10:30 A.M. to 12:30 P.M. Round Robin.** Social, competitive play for all levels. \$10.

FOR MORE INFORMATION OR TO SCHEDULE A PRIVATE LESSON,  
PLEASE CALL (561) 881-3338

Private lessons \$65/hour. Darryl Fornatora, Program Director, USPTA.